

# I Don't Want

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# **Chapter 1: Selflessly Helping Other People**

I am writing this book to help people help other people and give back. “I Don’t Want” is a very revolutionary thing to do in your life because when you don’t want certain things, it makes you more motivated and driven to help other people and give back. In society today, many people desire lots of things because everyone has a dream and desire to accomplish goals and things in life. It is okay to want certain things but when your whole life gets consumed with all you want in life, then you will live a very selfish life where you are devoted to yourself completely.

Selflessly helping other people is the motivation you need in life and the key to making a difference in others and not wanting certain things in your life. When you selflessly help other people, you are thinking about others before yourself which is a very hard thing to do, but it is the key to helping lots of people.

Selflessly helping other people means you completely devote your life to helping other people and giving back. This is where your life will change forever, and this is where your only real dream and desire will be to help other people and give back.

Helping other people is not a job; it is a vocation and career path to choose. There are always people that need help and support, and you have got to be one of the people who help other people and give back.

**Selflessly helping other people is a life of contributions, difference, and impact on other people's lives.**

Once you start selflessly helping other people, you will slowly realise from the work you do that you are making a difference to others.

Many people right now are so full of themselves and their selfish desires which are not good and the only way to change that is to start selflessly helping other people and giving back.

**Selfish People - Always want things for themselves**

**Selfless People - Always want to help other people and give back**

To understand "I Don't Want," you need to selflessly help other people and make a difference in people's lives.

## Chapter 2: Selflessness & Humbleness

I want people to understand that “I Don’t Want” is the thing that will make you selfless and humble. In the world today, most people can never be selfless and humble because they keep on thinking about only themselves and what is going on in their lives.

Selflessness and humbleness are about helping people, giving back and making a difference in others. If you don’t become completely selfless and humble, you will never get to help other people or make a massive difference in people’s lives.

When you look at people very carefully and see the things they are doing in their lives, you will realise that people are just too selfish and self-centred. Most people are always misbehaving, fooling around, and of course, not helping other people or making any difference.

**If you want to help other people and give back, then you must become selfless, humble and don’t want certain things in your life.**

Selflessness and Humbleness is the key to becoming what you want to be!

**Characteristics of Selfless & Humble People**

- Selflessly helping other people
- Thinking about others before themselves
- Solving problems in people's lives
- Completely devoted in their lives to selflessly helping other people
- Selfless and humble people are fulfilled and spiritual people
- Selfless and humble people help hundreds, thousands, millions, and billions of people
- Selfless and humble people don't think about themselves
- They don't want anything in return for the work they do for others
- Selfless and humble people believe in God and have faith
- They are focused on the mission to help other people and give back

To learn these characteristics of being selfless & humble, you need to start helping and giving back to other people.

"I Don't Want" only becomes very important to the person who has made a massive difference and contributions to people.

"I Don't Want" means you don't want materialistic things or money.

## Chapter 3: Fulfilment Helps You To Not Want

This is where “I Don’t Want” becomes very interesting for the people who help other people and give back. What is the most important thing in helping people and giving back? I called it Fulfilment.

**Fulfilment is the most spiritual thing you will experience in your life, only if you can help other people and make a difference in others.**

Fulfilment is when you become spiritually fulfilled and happier. This change is something very important to the people who have achieved a certain level of fulfilment, which also changes your **SPIRITUAL STATE**.

Most people ask how fulfilment can change your spiritually and the way you live your life. My answer to that question is that most people are not **spiritually fulfilled** because they live very negative unhappy lives where they are completely devoted to themselves.

Fulfilment is the only thing that will make you not want certain things. Why? Because you are already **happy, fulfilled, spiritual, contented**.

Fulfilment will change all areas of your life once you experience **Spiritual Change**.

Without this [Spiritual Transformation](#) in your life, you will be completely unhappy and unfulfilled.

**FULLFILLMENT IS THE SECRET OF SECRETS THAT PEOPLE WANT BUT THE TRUTH IS THAT THEY WILL NEVER ACHIEVE IT BECAUSE THEY ARE NOT IMPACTING LIVES OR HELPING OTHER PEOPLE.**

Not wanting houses, cars, money, relationships, and friendships will help you find the way to your fulfilment in your life. The true secret is that not wanting certain things will always bring things into your life. You don't need to chase things to achieve what you want. It is having the sense of humility to say okay I don't need houses, cars, relationships, or friendships to make me happier or more fulfilled.

*It is when you don't want certain things that you become completely fulfilled.*

[Fulfilment is the key to true joy and happiness and with fulfilment, you would want to help other people.](#)

## Chapter 4: I Don't Want

“I Don't Want” is understanding that to achieve what you want in your life, you shouldn't desire certain things for **yourself**.

People don't understand how important “I Don't Want” is because they keep on doing things for only themselves.

“I Don't Want” is not about chasing things, materialistic things, financial income or other flashy stuff.

### **NEVER EVER CHASE AFTER MATERIALISTIC THINGS OR FINANCIAL MONEY**

Dear reader, if you can understand “I Don't Want,” then you will be able to find true meaning and value in your life.

“I Don't Want” is not about chasing things in life. Many people always fail to realise that you should not be chasing lots of things without helping other people or giving back.

IT IS HELPING OTHER PEOPLE AND GIVING BACK THAT MAKES YOU NOT WANT CERTAIN THINGS.

#### **“I Don't Want” means:**

- Not pursuing materialistic things
- Not pursuing financial money
- Not pursuing certain relationships
- Not pursuing certain friendships

- Not pursuing lots of flashy stuff
- Not pursuing certain jobs and employment jobs
- Not pursuing houses
- Not pursuing cars
- Not being like everyone within the world

Once you understand that helping other people is the way to not want certain things, you will get to the “I Don’t Want” point in your life.

“I Don’t Want” is a [Spiritual Transformation](#)

When you get to the point where you don’t want, then your life becomes a life of selflessness and contributions.

# Chapter 5: Don't Pursue Certain Things

If you don't get anything else from this book, then learn this NOW. **Don't pursue certain things.**

NEVER CHASE MONEY, HOUSES, CARS, AND  
OTHER FANCY STUFF

Materialistic things are not important - never chase that in your life.

Most people in the world today are so materialistic and selfish, that is why they are not helping other people or giving back.

## **Don't Chase These Things:**

- Houses
- Cars
- Money
- Friendships
- Relationships
- Businesses
- Careers
- Employment
- Volunteering

Selflessly helping other people make you not chase after these things or any materialistic things.

I DON'T WANT MEANS YOU WILL NEVER  
WANT CERTAIN THINGS IN YOUR LIFE THAT IS  
NOT IMPORTANT

## **Selflessly Helping Other People Is Everything**

I Don't Want Means You Will Help Other  
People

Don't Chase Materialistic Things

Chase Spiritual Things and Spiritual  
Fulfilment

# Chapter 6: I Don't Want Means You Get What You Want

This is a very true and simple thing to learn.

If you don't want things in your life, you will get things in your life because you are not working hard to chase something; it just comes into your life naturally.

## **The Truth Of What “I Don't Want” Gives You:**

- Relationships
- Friendships
- Money
- Houses
- Cars
- Employment
- Jobs
- Careers
- Volunteering
- Businesses
- Anything you dream of or desire
- Selflessly helping other people

There is something spiritual about helping other people and giving back without wanting something in return for the work you do, that can change your life forever. I call this “Giving Without Receiving”.

Giving without receiving, I Don't Want, selflessly helping other people, selflessness, and humbleness are the way you become what you want to be.

IT IS GIVING WITHOUT RECEIVING AND  
SELFLESSLY HELPING OTHER PEOPLE WHICH  
MAKE YOU NOT WANT

I DON'T WANT MEANS YOU GET WHAT  
YOU WANT JUST BECAUSE YOU ARE  
SELFLESSLY HELPING OTHER PEOPLE  
AND GIVING BACK.

Selflessly Helping Other People –  
Impact, Difference, Contributions

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## **Christopher Rose Websites:**

Christopher Liam Rose Music -

<https://christopherliamrosemusic.com/>

Christopher Liam Rose Journal -

<http://christopherliamrosejournal.com/>

## **Christopher Liam Rose List of Books:**

- Christopher Rose Life Story
- Be What You Want To Be
- The 15 Successful Habits
- Selfless
- Anointing
- Life Purpose
- Helping Other People
- Giving Without Receiving
- Fulfilment
- Learn
- It Is Not The Problems That Make You Who You Are, It Is The Person You Become That Make You Who You Are
- The Evangelism Ministry
- Learning Is A Part Of Living
- The Self Is The Problem

Selflessly Helping  
Other People

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Spiritual Fulfilment